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CLAIMS:

1. An article of footwear comprising:
an outsole for engaging the ground;
a shoe body supported on the outsole, including an internal foot bed
5 for receiving a foot of a person therein; and
an insole having a depth which is at least $\frac{3}{8}$ inch at a metatarsal
region thereof for supporting the foot of the person thereon;
the foot bed having an internal height which is suitably sized for
comfortably receiving therein both the insole and the foot of the person supported
10 on the insole.
2. The article of footwear according to Claim 1 wherein the
insole is selectively separable from the outsole for replacement thereof.
3. The article of footwear according to Claim 1 wherein
thickness of the insole at the metatarsal region and at a centre of a heel region
15 are substantially identical.
4. The article of footwear according to Claim 3 wherein
thickness at an arch of the insole is plural times thickness at the heel region.
5. The article of footwear according to Claim 1 wherein the foot
bed has an internal height of at least 2 inches at the metatarsal region.
- 20 6. The article of footwear according to Claim 1 wherein a ratio
of height at the metatarsal region to length of the foot bed is at least 0.2.
7. The article of footwear according to Claim 1 wherein a ratio
of height at the metatarsal region to width at the metatarsal region of the foot bed
is at least 0.55.
- 25 8. The article of footwear according to Claim 1 wherein the
insole has an average durometer as measured on the Ashore hardness scale of
at least 6.
9. The article of footwear according to Claim 1 wherein the

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insole comprises an insole body and at least one insert arranged to be received within the insole body and having a durometer which varies from durometer of the insole body.

10. The article of footwear according to Claim 9 wherein said at least one insert includes a metatarsal insert which is located at a metatarsal region of the insole.

11. The article of footwear according to Claim 10 wherein the metatarsal insert is substantially equal in hardness or stiffer than the insole body.

12. The article of footwear according to Claim 9 wherein said at least one insert includes a heel and arch insert which spans a heel region and an arch region of the insole.

13. The article of footwear according to Claim 12 wherein the heel and arch insert is less stiff than the insole body.

14. The article of footwear according to Claim 1 wherein the insole comprises an insole body, having a hardness measured on the Ashore hardness scale between 15 and 20, receiving a metatarsal insert, having a hardness measured on the Ashore hardness scale between 15 and 34, at a metatarsal region of the insole and a heel and arch insert, having a hardness measured on the Ashore hardness scale between 8 and 25, spanning a heel region and an arch region of the insole, the insole having a minimum thickness of 3/8 inch throughout.

15. The article of footwear according to Claim 1 wherein the insole is raised upwardly on opposing sides at a metatarsal region thereof.

16. The article of footwear according to Claim 1 wherein the insole has an average thickness between 3/8 of an inch and 3/4 of an inch.

17. The article of footwear according to Claim 1 wherein the insole has a minimum thickness of approximately 1/2 inch.

18. An article of footwear comprising:

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an outsole for engaging the ground;

a shoe body supported on the outsole, including an internal foot bed for receiving a foot of a person therein; and

an insole for supporting the foot of the person thereon;

5 the insole being formed of a material having a maximum compression defined when additional force applied to the insole results in a substantially reduced rate of compression of the material;

the insole having a thickness and a durometer at a metatarsal region thereof such that the maximum compression is not reached when the
10 insole is stepped on by an adult person of average weight;

the foot bed having an internal height which is suitably sized for comfortably receiving therein both the insole and the foot of the person supported on the insole.

19. A method of sizing an article of footwear to a foot of a
15 person, the method comprising:

providing multiple articles of footwear each having a shoe body with differing internal dimensions and an outsole;

providing a set of insoles associated with each article of footwear which is suitably sized to be received within the internal dimensions of the article
20 of footwear, each insole of the set having differing characteristics than remaining insoles of the set;

selecting an article of footwear having internal dimensions which most closely accommodates the foot of the person; and

selecting an insole, of the set of insoles associated with the
25 selected article of footwear, having characteristics which are most closely matched to characteristics of the foot of the person.

20. The method according to Claim 19 wherein the insoles of each set have differing durometer.

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21. The method according to Claim 19 wherein the insoles of each set have differing foot bed dimensions upon which the foot rests.

22. The method according to Claim 19 wherein the insoles are raised upwardly on opposing sides at a metatarsal region thereof, the insoles of
5 each set having differing internal dimensions between the opposing sides thereof at the metatarsal region.

23. The method according to Claim 19 wherein the set of insoles comprises a single insole body and a plurality of inserts, each arranged to be received within the insole body to vary the characteristics of the single insole
10 body.

24. The method according to Claim 23 wherein the inserts are received in mating recesses in a bottom side of the insole body and wherein the inserts are reduced in cross sectional dimension at a bottom side thereof in relation to a main portion thereof for wedging the inserts within the respective
15 mating recesses.